



SCARBOROUGH  
WOMEN'S  
CENTRE

ADDICTION & RECOVERY SERVICES FOR WOMEN IN SCARBOROUGH &  
TORONTO (EAST & WEST)

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**Disclaimer:** This resource manual contains supports for all stages of substance use and recovery. Spanning from safe injection sites to sober living and everything in between.

## Harm Reduction & Withdrawal Management

Name of Agency	Contact Info/ Hours of Operation	Services/ Eligibility
<p>Rapid Access Addiction Medicine (RAAM) Clinic (Scarborough General Hospital)</p>	<p>Phone &amp; Fax: 416-431-8269 Email: RAAM@SHN.Ca</p> <p>Address: 3050 Lawrence Avenue East, Crockford Pavilion, Room G.721 Scarborough, ON M1P 2V5 (McCowan Rd &amp; Lawrence Ave E)</p> <p>Website: <a href="https://www.shn.ca/mental-health/addictions-program/">https://www.shn.ca/mental-health/addictions-program/</a></p> <p>Hours: Tues, Thurs, Fri</p>	<p>The Rapid Access Addiction Medicine (RAAM) Clinic offers fast access to quality care on a walk-in basis for people living with alcohol, opioid, or other drug-related addictions. Services include medical treatment and same-day counselling services without a doctor's referral.</p> <p>The clinic is staffed by SHN physicians, a dedicated RN, and specialized addiction counsellors.</p> <p>RAAM offers service users:</p> <ul style="list-style-type: none"> <li>• Assessment of substance use disorders and review of treatment options</li> <li>• Medications for alcohol, opioid, and/or substance use disorders</li> <li>• Overdose prevention education and take-home naloxone kits</li> <li>• Referrals to community-based addiction support services as needed</li> </ul>

<p>The FIX (Scarborough Harm Reduction Services)</p>	<p>Phone: 647-459-6912 Email: mrahema@agincourtcommunityserv ices.com</p> <p>Address: Community Services Association</p> <p>4155 Sheppard Ave. East Unit #100 Scarborough, ON M1S 1T4 (Midland Ave &amp; Sheppard Ave E)</p> <p>Website: <a href="https://www.agincourtcommunityservices.com/fix-scarborough-harm-reduction-services">https://www.agincourtcommunityserv ices.com/fix-scarborough-harm- reduction-services</a></p> <p>Address: Agincourt Community Services Association</p> <p>Hours: Mon – Fri 9:00 am – 5:30 pm</p>	<p>Management of alcohol and opioid withdrawal</p> <p>This program provides individuals with access to harm reduction information and supplies including injection and smoking equipment (available on-site or delivery in Scarborough).</p> <p>All harm reduction services are confidential.</p> <p>They also offer workshops and information sessions on the following topics:</p> <ul style="list-style-type: none"> <li>• Overdose Prevention</li> <li>• Understanding Substance Use</li> <li>• Prescription Drug Use and Misuse Prevention</li> <li>• Naloxone Training and Distribution</li> <li>• Understanding Opioids</li> </ul> <p>Harm Reduction 101</p>
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<p>Women's Own Withdrawal Management</p>	<p>Phone: 1-866-366-9513 Fax: 416-603-2552</p> <p>Website: <a href="https://www.torontocentralhealthline.ca/displayService.aspx?id=196368">https://www.torontocentralhealthline.ca/displayService.aspx?id=196368</a></p> <p>Address: 892 Dundas St West (Dundas &amp; Bathurst)</p> <p>Toronto, ON M6J 1W1</p> <p>Hours: open 24/7, including holidays.</p>	<p>Offers support to women 16 years of age or over who are in an acute state of intoxication or withdrawal from alcohol and/or drugs, and whose condition can be safely managed in a non-medical setting. A safe, secure, and caring environment is provided. A holistic approach is used. Service users will be transferred to an emergency department if medical intervention is necessary.</p> <p>Referrals are made through Central Access Toronto Withdrawal Management. Call 1-866-366-9513 for more information.</p>
<p>Regent Park Community Health Centre: Sex Workers Women's Drop-in Program</p>	<p>Phone: 416-203-4506 Fax: 416-364-0822</p> <p>Website Flyer: <a href="https://regentparkchc.org/wp-content/uploads/2020/09/women-s-drop-in_34524448.pdf">https://regentparkchc.org/wp-content/uploads/2020/09/women-s-drop-in_34524448.pdf</a></p>	<p>A drop-in for women, trans and non-binary individuals who use substances and engage in sex work.</p> <p>This service offers a women-only consumption treatment services (CTS) where individuals can inject, snort, and pop drugs legally with supervised support, as well as</p>

	<p>Address: 465 Dundas St. E Ground Floor Room 109 (Dundas St. E &amp; Parliament)</p> <p>Hours: Women only consumption treatment services (CTS): Thursday: 9 am to 6:15 pm Peer support: Thursdays 9 am to 11:30 am (4<sup>th</sup> floor boardroom)</p>	<p>peer support, naloxone distribution, harm reduction supplies, support, and referrals.</p>
<p>Methadone Works- Opioid Substitution Clinic TORONTO PUBLIC HEALTH</p> <p><b>FULLY ACCESSIBLE</b></p>	<p>Phone: 416-392-0520 Fax: 416-392-0810 Email: <a href="mailto:theworks@toronto.ca">theworks@toronto.ca</a></p> <p>Website: <a href="https://www.toronto.ca/community-people/health-wellness-care/health-programs-advice/services-provided-by-the-works/">https://www.toronto.ca/community-people/health-wellness-care/health-programs-advice/services-provided-by-the-works/</a></p> <p>Address: 277 Victoria St, Ground floor Toronto, ON, M5B 1W2</p>	<p>Anyone who is actively using substances is eligible for this service.</p> <p>This service provides a harm reduction-based opioid-substitution program that includes methadone and suboxone.</p> <p>To apply call or visit service website * no referral required* OHIP is NOT required for application.</p>

	<p>(Yonge St &amp; Dundas Street E; Toronto) (Church-Yonge Corridor, Old Toronto)</p> <p>Hours: Mon-Sat 10am-10pm * Sun 11am-5pm *Open holidays*</p>	
<p>Women’s College Hospital: Substance Use Services</p> <p><b>WHEELCHAIR ACCESSIBLE</b></p> <p><b>INTERPRETIVE SERVICES ARE AVAILABLE</b></p>	<p>Phone: 416-323-7559 ext. 6 Fax: 416-323-7739</p> <p>Address: 76 Grenville St, 3<sup>rd</sup> Floor Toronto, On, M5S 1B2 (Bay St &amp; College St)</p> <p>Website: <a href="https://www.womenscollegehospital.ca/care-programs/substance-use-service">https://www.womenscollegehospital.ca/care-programs/substance-use-service</a></p> <p>Hours: Mon – Thu: 9 am to 4 pm Fri: 9 am to 12 pm Rapid Access Addiction Medicine Clinic: Mon-Tue, Thu 10 am-12 pm (arrive before 11:30 am)</p>	<p>Women who are struggling with substance abuse (alcohol, opioids, benzodiazepines, cannabis, or other drugs) are eligible to use this service.</p> <p>This service provides patients with personal assessments and ongoing management of substance use disorders, as well as brief individual counselling, group counselling, withdrawal management, medication-assisted treatment, and referral to long-term treatment.</p>

<p>CAMH: Medical Withdrawal Unit</p> <p><b>WHEELCHAIR ACCESSIBLE</b></p>	<p>Phone: 416-535-8501 press 2</p> <p>Address: 60 White Squirrel Way, Toronto, ON M6J 1H4 (Admission)</p> <p>40 White Squirrel Way, Toronto, ON M6J 1H4 (Inpatient unit) (Queen St W &amp; Ossington Ave)</p> <p>Website: <a href="https://camh.ca/en/your-care/programs-and-services/medical-withdrawal-unit">https://camh.ca/en/your-care/programs-and-services/medical-withdrawal-unit</a></p> <p>Admission Hours: Mon-Fri 9 am – 10 am</p>	<p>This service is for people who have a history of complicated withdrawal from addictive substances.</p> <p>Types of Treatment and Services Offered:</p> <ul style="list-style-type: none"> <li>• inpatient stay</li> <li>• comprehensive withdrawal management support from a multidisciplinary team</li> <li>• participation in therapeutic groups</li> </ul>
<p>COUNTERfit Harm Reduction Program (South Riverdale Community Health Centre)</p>	<p>Phone: 416-461-1925 ext. 2388</p> <p>Address: 955 Queen Street East Toronto, ON M4M 3P3 (Queen St E &amp; Carlaw Ave)</p> <p>Website: <a href="https://www.srchc.ca/programs/harm-reduction/fixed-site/">https://www.srchc.ca/programs/harm-reduction/fixed-site/</a></p>	<p>This program offers individuals with a range of harm reduction supplies, materials and equipment including needles and syringes, safer crack kits, safer crystal meth kits, safer injection kits, stems, screens etc.</p> <p>They also provide harm reduction information, education, as well as referrals to a wide range of local services and resources.</p>



	Hours: Mon-Fri 9 am – 5 pm	
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## Peer Support Groups

Name of Agency	Contact Info/ Hours of Operation	Services/ Eligibility
<p>Breakaway Community Centre</p> <p><b>WHEELCHAIR ACCESSIBLE</b></p>	<p>Phone: 647-209-2043 Fax: 416-234-5702</p> <p>Address: 21 Strickland Ave (Queen St West &amp; Dufferin St) Toronto, ON M6K 3E6</p> <p>Hours: Mon 10am-8pm * Tue 10am-8pm * Wed 10am-5pm * Thu 10am-8pm * Fri 10am-3pm</p>	<p>Pieces To Pathways (PTP) is a peer-led substance use support program for LGBTQIA2S youth (age 16-29) in Toronto, that offers case management support and helps individuals identify and pursue a range of goals relating to substance use, housing, employment, and mental health. PTP also provides general counseling, one on one sessions in the office or in the community, and phone and text message support.</p>
<p>Anishnawbe Health Toronto</p> <p><b>FULLY ACCESSIBLE</b></p>	<p>Phone: 416-657-0379 Fax: 416-657-3436 Website: <a href="https://aht.ca/service/substance-abuse-supports/">https://aht.ca/service/substance-abuse-supports/</a> Email: <a href="mailto:cpike@aht.ca">cpike@aht.ca</a></p> <p>Address: 4 Charles St E, Suite 300 (Yonge St, south of Bloor St E; Toronto) (Church-Yonge Corridor) Toronto, ON, M4Y 1T1</p>	<p>First Nations, Inuit, or Metis Peoples (status or non-status and their families) are eligible to access this service.</p> <p>This service offer's an Aboriginal Mental Health &amp; Addictions Program (AMHA) and a Rapid Access Addictions Medicine Program (RAAM) through a multidisciplinary team, consisting of, addiction counselors, social and outreach workers, nurses, physicians, group facilitators, and traditional healers.</p>

	Hours: Mon-Fri 9am-5pm Walk-in intake: Mon-Fri 11am-12noon * 1pm-3:45pm	
Parkdale Queen West Community Health Centre: Women's Program	Phone: 416-804-8482 (Ex. 2125) Website: <a href="https://pqwchc.org/programs-services/community-services-and-programs/womens-programs/">https://pqwchc.org/programs-services/community-services-and-programs/womens-programs/</a> Hours: Fridays 10 am to 12 pm	Female-identifying individuals who engage in sex work and/or are active drug users are eligible to access this service.  This service provides users with a variety of different support programs (that can be accessed virtually) such as health education workshops, safer sex, and drug use information, mindfulness-based stress reduction, bad date reports, safer sex work strategies, and social justice activism.  Registration is required for these programs, call, or visit their website for more information.
MOTHERCRAFT: Breaking the Cycle Early Intervention Program  <b>NOT ACCESSIBLE</b>	Phone: 416-364-7373 Fax: 416-364-8008 Email: <a href="mailto:btcycle@mothercraft.org">btcycle@mothercraft.org</a>  Website: <a href="https://www.mothercraft.ca/index.php?q=ei-btc">https://www.mothercraft.ca/index.php?q=ei-btc</a>	This service offers a variety of information and resources for parents, students, and early childhood educators.  Their program Breaking the Cycle (BTC) is an early identification and prevention program designed to reduce risk and support the development of children (0-6) who have been

	Address: 860 Richmond St W, Suite 100 (Queen St West. & Strachan Ave) Toronto, On, M6J 1C9 Hours: Mon – Fri 9 am to 5 pm	or are currently being exposed to substance use. By providing services that address maternal substance abuse and work to strengthen the mother/child relationship through a community-based approach.
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## Treatment Centres

Name of Agency	Contact Info/ Hours of Operation	Services/ Eligibility
<p>Bellwood Health Services</p> <p><b>WHEELCHAIR ACCESSIBLE</b></p>	<p>Office: 647-490-5682  Toll Free: 1-866-522-5090  CRISIS: 416-495-0926  Email: <a href="mailto:info@bellwood.ca">info@bellwood.ca</a></p> <p>Website:  <a href="https://www.edgewoodhealthnetwork.com/locations/bellwood/">https://www.edgewoodhealthnetwork.com/locations/bellwood/</a></p> <p>Address:  175 Brentcliffe Rd  (Bayview Ave and Eglinton Ave East)  Toronto, ON, M4G 0C5  Hours: Open 24/7</p>	<p>Women and men ages 18 and above, with alcohol and/or drug addiction, gambling issues, eating disorders, sex addiction, or trauma, including post-traumatic stress disorder (PTSD), and their families are eligible to access this service.</p> <p>This service offers a 7 week (or longer depending on the individual) inpatient program where individuals will work with a team of medical experts who specialize in alcohol use and addiction – including doctors, nurses, and psychiatrists – to build a foundation of recovery as well as a counselor who will help them explore past trauma to uncover the root of their addiction.</p> <p>To apply contact intake and assessment regarding psychosocial interview and medical assessment.</p>
<p>Renascent Treatment Centre</p>	<p>Toll Free Helpline: 1-866-232-1212  Office: 416-927-1202</p>	<p>All individuals who are 16 or older, who are dealing with substance abuse are eligible to</p>

<p><b>ACCESSIBILITY: WHEELCHAIR ACCESSIBLE, AUTOMATIC MAIN ENTRANCE; ELEVATOR WITH BRAILLE AND VOICETONE</b></p>	<p>Email: <a href="mailto:info@renascent.ca">info@renascent.ca</a></p> <p>Website: <a href="https://renascent.ca/">https://renascent.ca/</a></p> <p>Address: 38 Isabella St (Yonge St &amp; Charles St East) Toronto, ON, M4Y 1N1 Hours: Open 24/7</p>	<p>access this service. (Minimum of 72 hours of sobriety required for service users)</p> <p>This service offers Residential, outpatient, and distant delivery substance addiction recovery programs. Inpatient and outpatient treatment programs, including primary care, alumni and family care, and relapse prevention aftercare. As well as a home-based 26-week intensive outpatient treatment, including 6 weeks intensive programming and 20 weeks continuing care.</p> <p>Residency Requirements: Canada-wide and international referrals accepted</p> <p>To apply call helpline 1-866-232-1212</p>
<p>Jean Tweed Centre</p> <p><b>ACCESSIBILITY: DESIGNATED PARKING AT ENTRANCE; WHEELCHAIR</b></p>	<p>Office: 416-255-7359 Fax: 416-255-9021 Email: <a href="mailto:info@jeantweed.com">info@jeantweed.com</a></p> <p>Website: <a href="https://jeantweed.com/">https://jeantweed.com/</a></p> <p>Address: 215 Evans Ave</p>	<p>Women who are 16 years of age and older dealing with substance use, including alcohol, or problem gambling, and their families are eligible to access this service; all services are available to women on methadone. There is a child development center available for clients with children 6 years and under</p>

<p><b>ACCESSIBLE AUTOMATIC MAIN ENTRANCE; BARRIER-FREE WASHROOM INCLUDING DOOR AND STALL</b></p>	<p>(Islington Ave &amp; Evans Ave) Etobicoke, ON, M8Z 1J5</p> <p>Hours: Office Mon-Fri 9 am-5 pm; programs Tue-Thu 9 am-9 pm; information night, alternate Wed 6 pm-7 pm (call for details).</p>	<p>Jean Tweed offers a virtual substance abuse-related intensive program (on ZOOM), a 3-week program with ongoing intake, access to interdisciplinary team, educational workshops focused on healthy coping skills and relapse prevention, individual &amp; family counseling, external service/information referrals, and continual care.</p>
<p>Salvation Army Homestead</p>	<p>Phone: 416-431-4379 (ext. 221) OR Email: <a href="mailto:danielle@salvationarmyhomestead.org">danielle@salvationarmyhomestead.org</a></p> <p>Website: <a href="https://torontoharbourlight.ca/salvation-army-homestead/">https://torontoharbourlight.ca/salvation-army-homestead/</a></p> <p>Address: 2085 Ellesmere Road (Ellesmere Rd. &amp; Markham Rd.) Scarborough, ON, M1H 2W6</p>	<p>Salvation Army Homestead offers long term treatment options, that provide service users with structure and help them work on a variety of different learning skills and opportunities. They offer a holistic approach that considers your physical, spiritual, and emotional needs as well as your personal goals.</p> <p>Treatment options are:</p> <ul style="list-style-type: none"> <li>• A longer term, six-to-ten-week residential program for women in one of the most beautiful areas of downtown Toronto</li> </ul>

		<ul style="list-style-type: none"> <li>• A six-week to ten-week women’s day treatment program at our downtown site</li> </ul> <p>They also offer a Virtual Relapse Prevention and Life Skills Group. Women’s Groups are Mondays, Wednesdays, and Fridays from 10:30 am to noon.</p> <p>Registration is free—Please Contact Danielle at 416-431-4379 ext. 221 or <a href="mailto:danielle@salvationarmyhomestead.org">danielle@salvationarmyhomestead.org</a></p>
<p>Pinewood Addiction Services: Women's Residential Treatment Program</p>	<p>Phone: 905-721-4747 ext. 5 or 1-888-881-8878 ext. 5.</p> <p>Website: <a href="https://www.lakeridgehealth.on.ca/en/ourservices/Women-s-Residential-Treatment-Program.asp">https://www.lakeridgehealth.on.ca/en/ourservices/Women-s-Residential-Treatment-Program.asp</a></p> <p>Address: 300 Centre St South Oshawa, ON, L1H 4B2</p> <p>Hours: Open Monday to Friday 8:30am to 4pm.</p>	<p>Women 18+ are eligible to access this service. Women must be abstinent for a minimum of 72 hours prior to admission.</p> <p>Pinewood offers a 21-day, live in program that offers women a safe residence while working towards their treatment goals- women must be able to maintain abstinence throughout the 21-day program.</p> <p>The Women's Residential Treatment Program is trauma informed and women centred, providing a highly structured program that addresses the biopsychosocial needs of</p>



		<p>women. Client goals range from abstinence to controlled use.</p> <p>The program offers women individual and group counselling through a variety of treatment approaches: process-oriented groups, psychoeducation, CBD, DBT, First Stage Trauma Treatment, creative expression, and psychodrama.</p>
<p>Comprehensive Treatment Clinic</p>	<p>Phone: 647-490-4008  Fax: 647-689-5890  Email: <a href="mailto:info@ctctoronto.com">info@ctctoronto.com</a></p> <p>Address: 1154 Danforth Ave  Toronto, ON M4J 1M3  (Greenwood Ave &amp; Danforth Ave)</p> <p>Website:  <a href="https://comprehensivetreatmentclinic.com/">https://comprehensivetreatmentclinic.com/</a></p> <p>Hours: Mon, Wed 12pm – 5pm  Tues, Fri 9am – 5pm  Thurs 3pm – 5pm</p>	<p>Anyone is eligible to use this service; walk in, call, or email to book an appointment. Alternatively, you can print &amp; fax/email a referral form.</p> <p>*Doctor's referral NOT needed</p> <p>This service offers addictions care to anyone who has, or thinks they have a problem with drugs or alcohol through various forms of therapy, counselling, and medication treatment, including methadone and suboxone.</p> <p>Services offered:</p>

	Sat 10am – 1:30pm	Opioid Agonist Therapy, Individualized Treatment, Non-Medication Treatment, Art Group, Harm Reduction Supplies, and Free meals.
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## 12 Step Programs

(12-step programs are abstinence-based groups that assist people suffering from alcohol abuse and addiction by providing individual action steps and support from other community members)

Name of Agency	Contact Info/ Hours of Operation	Services/ Eligibility
AA: Greater Toronto Area Intergroup	Phone: +1 877-404-5591 Open 24 Hours to call  Website: <a href="https://www.aatoronto.org/">https://www.aatoronto.org/</a>  202-234 Eglinton Ave E, Toronto (Eglinton Ave E & Mt Pleasant Rd)	Get connected with AA meetings online and in person and find AA literature at: <a href="http://www.aa-intergroup.org/">www.https://aa-intergroup.org/</a> .
Narcotics Anonymous Toronto	Phone: 416-628-9185 NA Helpline: 1-888-811-3887  Website: <a href="https://www.torontona.org/">https://www.torontona.org/</a> 416-628-9185	Get connected with NA meetings online and in person.
AA 24hr hot line	800-839-1686	24-hour hot line for anyone struggling with addiction. Provides information about meetings and other AA resources.

## Sober Living

Name of Agency	Contact Info/ Hours of Operation	Services/ Eligibility
<p>Residential Support Treatment: Ingles House</p> <p>Organization: LOFT community Services</p>	<p>Phone: 416-977-6250</p> <p>Fax: 416-977-5757</p> <p>Website: <a href="http://www.loftcs.org">www.loftcs.org</a></p> <p>Hours: Open 24/7</p>	<p>Women ages 16-24, who are in recovery from drug and alcohol addiction, with a goal of continual abstinence are eligible to access this service. Service users are expected to be employed or enrolled in job preparation, education, or treatment program during the day. Methadone referrals are accepted.</p> <p>Ingles is a high support residence, with 24-hour staff available that houses 9 individuals at a time. They offer residents support with addiction case management, counseling, life skills, anger management, and post-discharge community support.</p>